

THE *Womanly Art* OF *Using a Yoni Egg*

— A BEGINNER'S GUIDE —



MAL WEERARATNE

The Womanly Art of Using a Yoni Egg

.....a beginners guide

By

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3. jade egg practices
4. holistic health
5. emotional wellbeing
6. self help
7. spirituality

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Introduction



Throughout history, the sexual organs of women have been celebrated and regarded as the sacred centre of health, revitalization and youth. By carefully exercising the muscles within, it has long been believed that women could harness the full extent of their feminine sexual power, allowing them to remain healthy, young and brimming with vitality forever.

Yoni in Sanskrit translates to mean *sacred temple*, and is a term used to refer to a woman's vagina.

The yoni egg is an egg shaped semi-precious stone that is worn by a woman inside her yoni for healing purposes. Quite often yoni eggs are made from Jade which has led to them being referred to as jade eggs, although a variety of crystals are used to make yoni eggs.

Nephrite Jade is the highest quality Jade on the market, it is the traditional stone used by the women of Imperial China, over 5000 years ago and the stone favoured by professional practitioners and experienced yoni egg users alike.

The yoni egg is an amazing tool that helps tone the lower abdomen and strengthens the muscles of the pelvic and uro-genital

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diaphragms, which serve as a floor for all our vital organs. The accepted and promoted modern day method used to strengthen the muscles of the pelvic floor is to perform a squeeze and lift contraction lift from the perineal lift, termed the ‘perineal lift’. However, the yoni egg when used regularly and correctly can prove far more effective and not only strengthens these muscles preventing issues such as stress incontinence but can also increase and promote overall well-being and vitality.

Originally, the powerful practice of using a yoni egg was taught exclusively to concubines for the emperor and members of the royal circle, as wise, ancient powers believed that health, beauty and longevity could all be achieved through a strong and healthy yoni. Indeed the practice of using sacred jade eggs to strengthen the pelvic floor and fortify the female reproductive system. These were used as a tool for feminine well-being and beauty. They were used to build phenomenal yoni strength and dexterity so that a woman would never age or deteriorate in her yoni and therefore remain, forever, youthful.

In ancient China empresses and concubines used yoni eggs to strengthen their internal muscles for sexual sovereignty and to increase their metaphysical powers through the cultivation of sexual life force energy. Through their strength and dexterity in their yoni’s they were able to prevent a man from ejaculating and then

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stimulate the resurgence of an erection so that love-making could continue.

According to ancient Taoist tradition, a strong yoni and pelvic floor intensifies life-force energy and yoni egg practice amplifies a woman's chi energy and radiates it outward where it is transformed into higher spiritual energy

Today yoni eggs are becoming widely recognized as an effective and powerful method of strengthening and tightening a women's pelvic floor and vagina, as well as providing many other benefits including:

- Increasing awareness and appreciation of your yoni
- Awakening your creative energy, passion and harnessing your sexual energy
- Increasing and owning your libido
- Becoming orgasmic – achieving orgasmic bliss and deeper intimacy
- Gaining control of the perineum and all groups of pelvic floor muscles
- Improving yours and your partners experience of sexual intercourse
- Harmonizing your emotions and healing your relationship with intimacy and sexuality,
- Reducing the symptoms of pre-menstrual tension and menstrual symptoms

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- Reducing menopausal symptoms, by balancing the system and increasing vaginal lubrication and balancing estrogen levels, through the facilitation of fresh blood flow to the pelvic region.
- Releasing stagnant negative emotions stored within the yoni
- Increase blood circulation and treat circulatory system
- Rejuvenation of the body and mind, through the increased flow of Kundalini life force energy throughout the entire body.

This user guide will help you to begin practicing with your yoni egg and will help you to master the basic techniques.

The yoni egg is a superb way to strengthen and gain control over the vaginal muscles as it is easier for women to practice control of the muscles with an egg inside their vagina, this is simply because as the egg moves it is easier to feel and locate the direction in which the muscle moves.

Controlling this voluntary muscle means control of the many involuntary muscles in this area as well. Also, as you master the use of this muscle of the vagina and perineum, you simultaneously tone up the lower abdomen. Thus, your

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performance sexual performance greatly improves, and the flow of sexual hormones increases.

There are many benefits of using a yoni egg and this simple manual will guide you through the beginner's techniques. The Jade or Yoni Egg practices taught here are used for sexual power, personal magnetism, confident childbirth, curable incontinence and general well-being.

Chapter 1:

Selection of Your Yoni Egg



When it comes to choosing a yoni egg there are many choices available and indeed it can be confusing when trying too select a yoni egg as a beginner. Gem and new age shops generally sell eggs made of different gem stones including rose quartz, jadeite, quartz etc., however, after much research we feel that the Nephrite Jade eggs are the best choice.



In order for a crystal to be used to make an effective yoni egg it needs to possess a number of qualities and these are:

1. **Healing stone.** The stone for yoni egg should have healing benefits.
2. **Purity.** The stone should be pure from any harmful mineral impurities.
3. **Dense.** The stone should be very dense to prevent any harmful

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bacteria or contamination

ingredients diffusing inside.

4. **Hard and strong.** The stone should be very hard and very strong, with a Mohs hardness of 6 or higher so the yoni egg does not produce cracking or fractures during processing or during usage and storage.

The best stone that meets all of these four requirements above is nephrite jade. Nephrite jade is a better healing stone and is heavier than most other crystals with the same dimensions.

Why Nephrite Jade?

1. **Healing stone.** "Nephrite" is from Greek "nephros" which means 'kidney' with reference to its efficacy in treating kidney disease. Nephrite jade, is often referred to as the "Stone of Heaven", this is because it radiates far-infrared rays, which bring beneficial effects on human body, being especially good for the skin, blood circulation and skin cell rejuvenation. It is proven scientifically that nephrite is a wonderful healing stone. It helps the body in self-healing while working through underlying, non-physical reasons for a precipitation for disease.

It is particularly helpful for healing kidney, heart and

stomach complaints. In China, this gemstone is believed to bring its wearer good health, prosperity, good luck and protection. Jade is considered the essence of purity and the symbol of life; indeed **the yoni egg is a practice that** evolved in ancient China based on ying-yang principle of Taoism, and the yoni egg was and still is Nephrite Jade Egg according to Taoism.

2. **Purity.** Nephrite jade is a gemstone with calcium and magnesium-rich amphibole mineral actinolite. The mineral formula of nephrite is $\text{Ca}_2(\text{Mg}, \text{Fe})_5\text{Si}_8\text{O}_{22}(\text{OH})$ 2. It contains no any harmful mineral impurities.
3. **Dense.** Nephrite jade is a very dense gemstone that is made up of fibrous crystals that interlock in a matted texture; this structure makes nephrite very tough, strong and dense. The specific gravity of nephrite is 2.8–3.1, much heavier than most gemstones.
4. **Hard and strong.** Nephrite jade is harder than steel. You cannot even scratch nephrite jade with a knife. Due to its interlocking structure, it is very hard and

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strong with. Its fracture strength being approx., 200 MN/m².

What size to choose

When you look at the eggs you will need to select a size that looks as if it might feel comfortable in your vagina. The eggs range in size from small to large, with most women opting to choose a medium-sized one, that is, an egg approximately one inch in diameter, however our recommendations are as follows

Stage One (beginners): Large Yoni Eggs

Stage Two: (intermediate) Medium Yoni Eggs

Stage Three: (advanced) Small Yoni Eggs

Dimensions:

A large yoni egg is typically 35×50 mm,

A medium yoni egg is typically 30x43mm

A small yoni egg is typically 25x35mm.

Stage One - Large Yoni Egg: We recommend that everyone

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who has given birth starts with a large yoni egg. Large yoni eggs are the best option for strengthening the pelvic floor because of their weight and size, which give the best resistance for a good pelvic floor work out.

Stage Two- Medium Yoni Egg: We recommend starting with a medium size yoni egg if you have not given birth. Our medium size yoni eggs are great for maintaining pelvic strength after you've worked with the large for 8 weeks. Medium size yoni eggs are recommended for spiritual work.

Stage Three - Small Yoni Egg: The small yoni egg is for advanced users wanting to challenge their yoni egg exercises. You can also combine a small yoni egg and medium yoni egg together to work with two different energies at the same time.

Chapter 2:

Caring for Your Yoni Egg



Care for the egg

It is essential that your yoni egg is given proper care and attention. Though equal attention must be paid to one's feminine hygiene prior to beginning this practice. Cleanliness of the vaginal canal and the eggs are equally important.

- Store your egg in a sacred space; this is a sacred and personal tool. So keep it somewhere private and special.
- Please **do not** use boiling hot water to cleanse this egg – instead use warm water and a mild, unscented soap to gently wash it.
- String your egg with non non-waxed, un-flavored dental floss. Change it regularly. About 25cm is usually enough.

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- Wash your egg before and after use and store it in the velvet pouch that your egg is supplied in.

*A word of caution about using soap or detergent: some people are allergic to certain chemicals that are found in commercial soap and detergent, especially when inserted into the intimate yoni are where the membranes are very sensitive. Also, many women are unknowingly allergic to alcohol (isopropyl); therefore its use should be avoided for cleansing purposes. We recommend an organic, mild and unscented soap or one designed for intimate female washing.

Caution in Practicing the Egg Exercises

- a. Do not use the egg if you have a sexually transmitted disease or infection.
- b. If you produce very little natural lubrication, use a proprietary lubricant.
- c. If a problem arises and the egg becomes stuck, do not panic. Lie down and relax and laugh. The egg will come out.
- d. Do not use the egg during menstruation.
- e. Do not use if you are pregnant or straight after childbirth
- f. We recommend waiting at least twelve weeks after childbirth before starting yoni egg practices

Chapter 3:

Yoni Egg Practices



Using the Egg

Cleanse your egg before and after every use.

Now create a calm and pleasant environment where you can practice with your yoni egg. You are really looking to create a space that is calm and relaxing where you can practice undisturbed. Light candles, incense or play relaxing music...or whatever makes you feel relaxed and the space sacred.

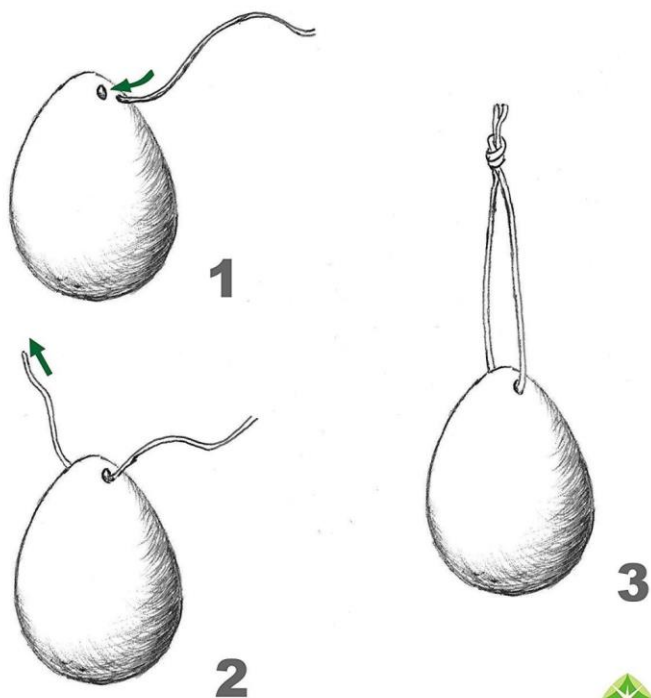
Now thread your yoni egg

1. Use a natural (un-waxed and un-flavored) length of dental floss that is thin enough to fit through the Yoni Egg hole when doubled up. Cut a piece that is still approximately 10 inches (25cm) when folded in half

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2. Fold the dental floss in half
3. Thread the string through the drilled holes in the egg - inserting the end that is folded over first
4. Now, a loop is created on the side of the yoni egg where the string has exited. Thread the two loose ends through the loop. Now you have secured your string.
5. Pull it tight. The wider side of the egg should be inserted into the yoni first, so the ends of the string should hang comfortably and within reach.

How to String Drilled Yoni Egg?



Always use un-waxed and un-flavored dental floss and renew after every use.

Take three deep breaths far down in the stomach and relax completely. Keep your Yoni egg in your hand and focus all your attention to it. Now fill your egg with your positive intentions and love for your practice.

When you feel calm and ready, it is time to begin your practice.

We always recommend that you ensure the room you practice in is a comfortable temperature and that you wear comfortable clothes during your exercises, but you must remember that you must follow what you feel is instinctively right for you, some women prefer to practice in yoga pants, others in underwear and some naked. Do what feels comfortable and natural for you!

In order for the yoni egg to enter you easily you may want to use a natural lubricant, if this is the case we recommend you use a pure, organic coconut oil and you may want to hold the egg before inserting it, so that it is warm.

You may want to gently massage the yoni with a small amount of oil to prepare it for the insertion of the yoni egg, but you may also want to consider undertaking a traditional breast massage warm-up as part of your preparation.

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Breast Massage

The breasts are directly energetically connected to your Yoni and so a breast massage can be very effective. You can massage with or without an oil, whatever you prefer and you can adapt the method below to suit your own preferences:

- 1) Gently cup your breasts. Feel your breasts fill with warm, flowing and loving energy,
- 2) Apply a small amount of oil if using. Massage starting from your nipples outward in counterclockwise spirals and circles to the outside edges of your breasts. Circle your breasts completely 20-30 times, with smooth rhythmical movements.
- 3) Reverse direction, and massage your breasts in 20-30 clockwise circles and spirals. Inserting your yoni egg

When you feel ready insert your yoni egg. Take the widest part of the egg against your yoni and take a few deep calming breaths until you feel comfortable. It is absolutely essential that you are relaxed and at ease.

Then let the egg slip into your yoni... This should be a relaxing

and pleasurable sensation. This is a wonderful opportunity to slow down, unwind and send love and positive intentions to your Yoni.

The first time you practice with your yoni egg you can very well stay at this stage and just breathe and relax with your yoni egg. It is a lovely opportunity to connect with your yoni and get used to using a yoni egg.

Beginning the Exercise

The first time you use the egg, it is natural to feel a little apprehensive, and you will probably want to, and should, take things slowly until you become accustomed to it. Each time before practicing the egg exercise, you must warm yourself by massaging the breasts, making sure the vagina is expanded and some lubricating fluids is being emitted or else apply lubricant. This is very important and this stage must not be omitted.

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Insertion of the Yoni Egg 1

Once inserted and when you are ready you can begin to follow the following yoni egg exercises.

Exercise 1

This exercise strengthens the pelvic floor and Yoni muscles, develops awareness in the Yoni muscles, and strengthens the PC muscle. It is important to fully master this first technique before moving on to the other exercises. Your PC muscle is a muscle that runs from the pubic bone to the tailbone and supports the bladder and bowel. It is the muscle that closes around your egg after you put it in. It can be activated by squeezing around the outside of your Yoni, or the vulva.

Lie down with your back straight and your feet hip-width apart on the ground. Begin to tighten your PC muscles as you try to squeeze your egg from the inside. (In order to locate your PC muscle: Pretend that you are urinating, and then try to stop the flow with a quick muscle contraction.) Squeeze and count to five. Then relax. Repeat this ten times.

Over time, you can increase the time you squeeze your muscles and increase the repetitions.

Exercise 2

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Again this exercise is designed to connect you with your yoni and to strengthen the yoni and PC muscles.

- 1) Lie down on your back in a sit up position with your knees bent and your feet on the floor.
- 2) Leaving your shoulders on the floor, inhale a deep breath and lift your pelvis high into the air, similarly to a bridge pose in yoga, and hold for 3 seconds as you gently squeeze your PC muscle.
- 3) Exhale as you slowly lower back to the floor.

Repeat this exercise ten times at first. With practice and over time, you can increase your number of repetitions.

Exercise 3

By now you will be used to inserting and removing your yoni egg as well as having mastered some exercises. Wearing your yoni egg inside of you when you go about your daily tasks is also a very good way to strengthen and activate your yoni muscles. At first, you may find wearing your yoni egg inside you for ten to fifteen minutes at a time is enough, but as you become more experienced you will find that you can comfortably wear them for several hours. Always listen to your body and do what feels instinctively right.

Exercise 4

Lie down on your back with your legs straight out and your arms relaxed at your sides

Inhale a deep breath. Keep your legs straight and then begin to flex your right foot by lifting your toes up so that your foot is straight and your heel is pointing downward.

At the same time, with your right foot, stretch your toes down into a point as if you were standing on the tip of your big toe. Gently squeeze the muscles on the right side of your yoni and hold for 3 seconds.

Exhale and relax.

In the beginning, it may feel difficult to find the left and right yoni muscles, but with practice you will be able to locate and distinguish between your left and right yoni muscles

Switch legs. Inhale a deep breath and flex your right foot while you point your left foot, and gently squeeze the muscles on the left side of your yoni, and hold for 3 seconds.

Practice this exercise ten times and in time it will become easier.

With practice the yoni egg exercises taught here will increase

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and harness sexual energy, increase personal magnetism, improve overall physical and emotional well-being, promote confident childbirth and teach you to improve the entire pelvic girdle.

Removing the Egg

When removing your yoni egg, the most important thing to do is relax. Don't worry. Tense muscles will hold the egg in rather than allowing it to work its way out.

Most women find that a gentle tug on the thread they attached to their egg will remove the yoni egg, it is a little like removing a tampon.

It is excellent practice to learn to remove your yoni egg without relying on the thread and to do this is simple with practice.

- 1) Make sure you are hydrated, especially if pushing out the egg is challenging for you. If you are dehydrated, your tissues will resist the egg as you try to move it downward; if you are properly hydrated the egg should move with ease.
- 2) Stay relaxed, and allow your yoni to remain calm.

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- 3) Kneel down, either in a deep squat on the ground, or squat over the toilet.
- 4) Gently bear down, as if you are going to go to the toilet
- 5) Be ready to catch the egg, especially if you are over the toilet
- 6) Be sure to slow down and enjoy this transformative moment if you are using your very first egg for the very first time.
- 7) Take your time and don't worry about your egg getting stuck, this is impossible. Your cervix prevents an egg from getting past it. Even women who have had full hysterectomies and have no cervix cannot get a Yoni Egg stuck.
- 8) Remember Proper relaxation and hydration alone should bring the egg all the way to the entrance of your Yoni.
- 9) If you feel you can't push it out, you should be able to get it out with your fingers, but with time, practice and a laid-back approach you will soon be able to remove your egg effortlessly.

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* In the beginning make sure not to practice on a hard stone or tiled floor so that if the egg drops out, it will not become damaged.

Chapter 4:

Understanding Vaginal Tightening with the Yoni Egg



The Yoni egg practice has been associated with both physical and spiritual benefits that include:

- Strengthening your pelvic floor muscles
- Helping strengthen the vaginal muscles after childbirth
- Helping maintain healthy reproductive organs
- Tightening and toning the vaginal wall
which leads to heightened sexual
pleasure for you and your partner
- Reduces cramping and abdominal pain during times of menstruation
- Increases orgasmic potential, increasing intensity and sensitivity of orgasms
- Prevents sagging of the uterus, rectum, and bladder which can help incontinence problems

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- Stimulates the nerves inside the vagina giving you an increased connection with your yoni
- By increasing the strength of the vaginal muscles it gives the woman more control during sexual intercourse.

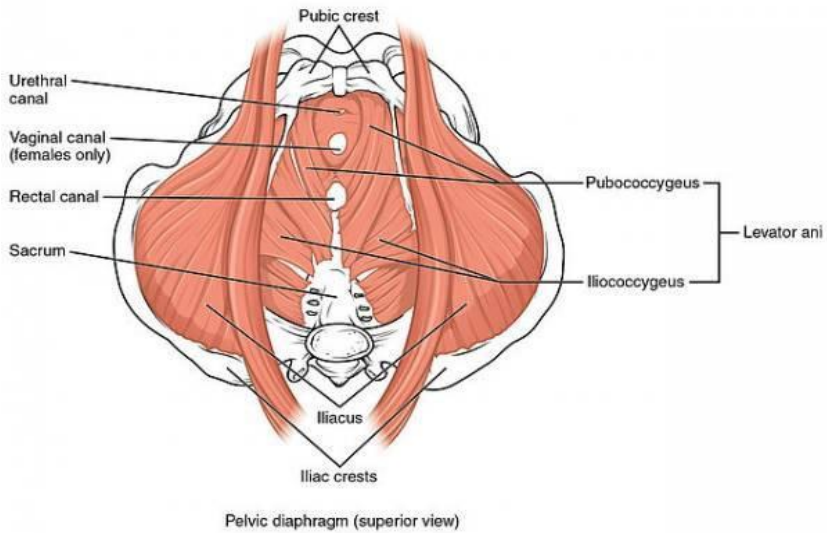
Leading a sedentary lifestyle and sitting or worse slouching on comfortable seats and sofas as oppose to squatting on your haunches as once practiced in the East, has meant that for many Western men and women their pelvic muscles have become slack and weakened. It is a myth that this is just a matter of concern for women post-birth, simply put, just like all other muscles, if you don't use them you lose them. Through the use of a yoni egg, no matter what your age a woman's pelvic muscles can be strengthened and tautened.

The muscle of primary importance in this process is the (PC) the pubococcygeus muscle which is an amazing muscle that spans wider than any other skeletal muscle in the human body. It is interwoven and surrounded by four sets of other pelvic muscles and is the master muscle of the pelvis and unlike any other muscle it can recover its full function after years of disuse.

In order to get the most out of your body and your yoni egg practices it is necessary for you to gain a basic understanding

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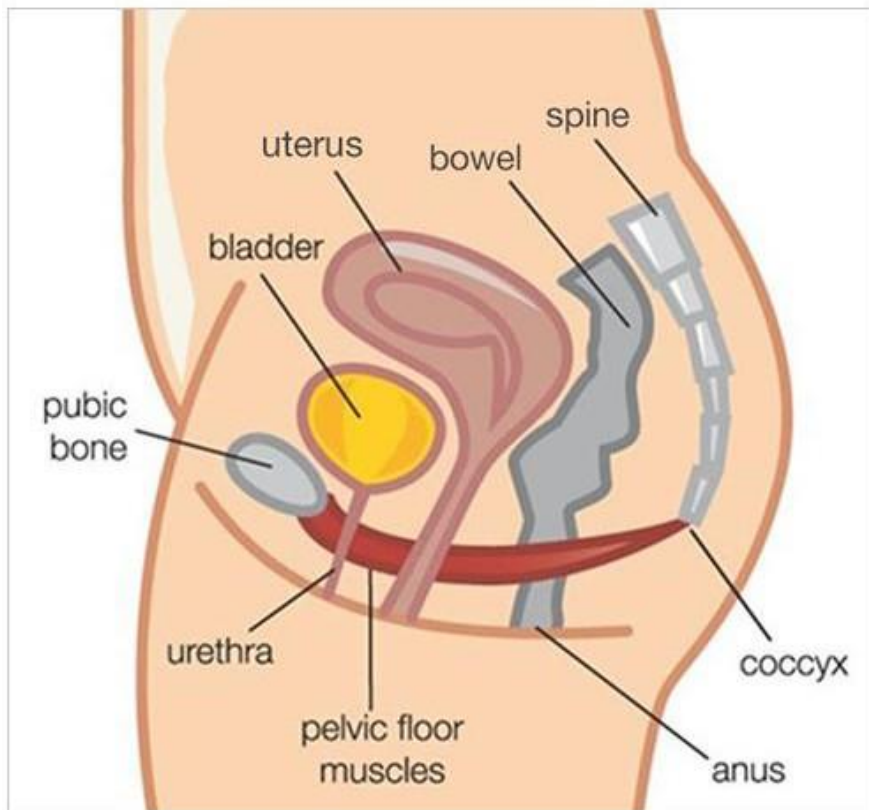
of the internal anatomy of your pelvis and by looking at the illustrations in this guide you will be able to visually comprehend the enormous potential this sacred area of your body has for strength, control, movement and sensation



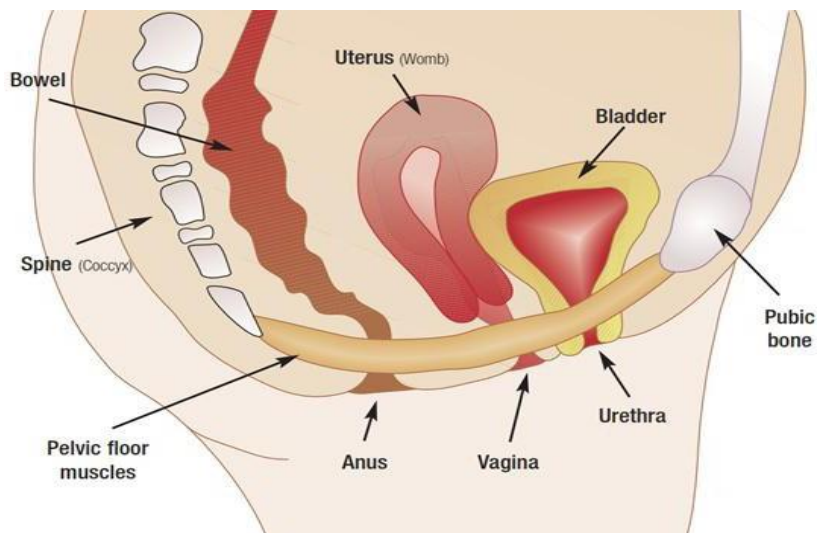
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Yoni tightening with jade eggs



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The Pelvic Girdle



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Through Practice with your Yoni Egg you will master control of all your pelvic floor muscles referred to as the pelvic girdle.

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Three Sections of the Vaginal Chamber

In order to gain specific control through the egg exercises, we divide the vaginal chamber into three sections

1 The external vaginal Cavity and front of the vaginal canal

The first section includes the muscles of the external vaginal orifice and the front part of the vaginal canal. When the egg is inserted, when you insert your egg you will contract the uterus, closing the cavity tightly so that the egg cannot drop out. This may take practice and it is recommended that you practice retaining the egg whilst standing on a towel or soft surface, in case the egg drops out.

2. The anterior of the cervix

The second section to be contracted consists of the muscles of the vaginal canal immediately in front of the cervix.

3. The middle of the vaginal canal.

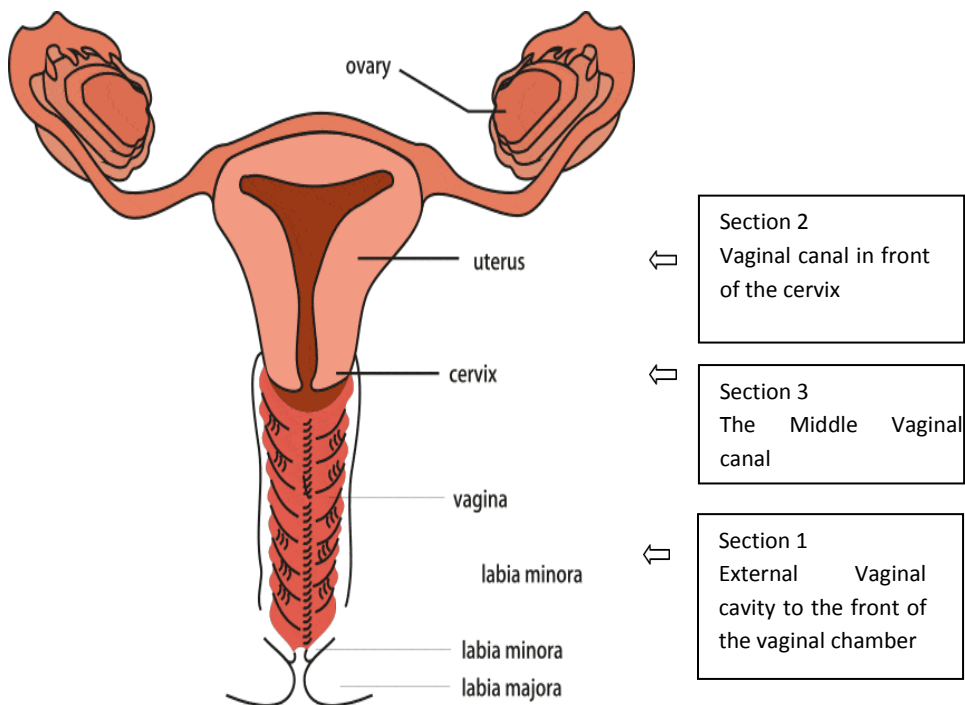
The third section encompasses the muscles of the middle of the vaginal canal. These are the muscles that will move the egg up and down, left and right, and tilt it in different directions. Gaining control over these muscles takes time and practice. You will practice moving and using these muscles until you

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master their movement as easily as using your hand. As you play with the direction you will learn to differentiate each movement of these muscles. It is best to practice for a few minutes at a time, regularly rather than in long bursts. As you practice with your egg you can gradually increase the length of time you retain it. Just remember that it is there, since laughing, sneezing, or coughing can sometimes cause the egg to drop out of the vagina, especially when you don't have full control of these muscles.

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The Three Sections of the Vaginal Chamber



Chapter 5:

Summary of Egg Exercises Step-By-Step



1. Cleanse your egg (follow instructions on page 5)
2. Thread your egg (follow instructions on page 6 & 7)
3. Prepare your space – make sure you prepare a pleasant, comfortable and quiet space for you to work in
4. Breast massage - Massage your breasts until you begin to feel arousal and lubrication in the vagina. Follow Breast Massage Routine on page 8
5. Apply Lubrication if necessary
6. Relax and Insert the egg – when you feel ready insert the egg into the vagina (yoni).

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7. Contract the First Section (read pages 15 & 16 for clarification) Isolate and contract the muscle groups responsible for closing the external vaginal chamber tightly. This will help to keep the egg in the vaginal canal and prevent it from dropping out.
8. Begin with Exercise 1 on page 10 and once you feel comfortable with this exercise you can work through the other exercises.
9. Practice contracting the vaginal sections. Firstly, consciously contract the First Section as in step 6 and then the Second Section (read pages 15 & 16 for clarification). Relax Inhale and contract the vaginal canal muscles immediately in front of the cervix so that you are now contracting two sections at the same time. Keep both points closed.
10. Squeeze the Third Section
11. Slightly squeeze the egg from the middle of the vaginal canal until you feel that you have a good grip on it. Inhale and squeeze again, gradually increasing the squeeze, and then inhale more and squeeze with more

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intensity. Once you feel you have a good grip on the egg and are ready attempt to slowly move it up and down.

12. Rest - Rest is very important. So make sure that you take a rest when you feel you need one
13. When you finish, rest for a moment and just allow yourself to feel the energy in your ovaries and uterus. Take deep breaths and enjoy the sense of revitalization.

Conclusion



It is our advice that you start the practice with Nephrite Jade, however, if your intuition tells you to work with another type of crystal then please follow the draw of your own body and intuition.

Below is a brief explanation of some of the not common crystals that yoni eggs are made from:

- **Nephrite Jade** – This crystal communicates with the Heart chakra. Nephrite jade is often referred to as the stone of dreams and is considered a deeply restorative crystal. Energetically it balances the

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water of the body and therefore is beneficial for the entire system, but especially for the kidneys and female reproductive system. A grounding, healing, calming and overall healing stone.

- **Rose Quartz** – This crystal is often referred to as the Love Stone and this is because it corresponds strongly to the Heart chakra. It is often thought of a feminine stone because of its emotionally healing and gentle properties, it helps dissolve the barriers and blockages we have against feeling, giving and receiving the energy of love. It is an excellent stone for nourishing love and the ability to receive love.
- **Black Obsidian** – Obsidian is a very transformative and protective stone. A powerful ally for releasing trauma and emotions stored in the body, especially in the pelvis. Obsidian helps to promote the release of negative energy and is powerfully protective.

Important Advice

When choosing a yoni egg it is essential that you buy from a reputable seller. Under no circumstances must you use a crystal that is not specifically sold as a Yoni Egg. This because chemicals, dyes and artificial fillers are regularly used during the manufacturing process of many decorative crystals sold on the market. A true yoni egg will be a natural stone that is purely polished and drilled. For learning.

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Finally, we hope you enjoy using your yoni egg and learning these easy and life changing exercises. Remember this work is not just for women who have issues with pelvic floor strength; it is for all women regardless of current pelvic floor strength or reasons